



Enrichment Center Caregiver Calendar

April 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 10am: Caring Connection Support Group	2 1pm: Caregiver Time Out	3 10am: Diabetes Support 2pm: Laughter Is The Best Medicine	4 1pm: Alzheimer's Support	5
8 6:30pm: MS Support Group	9 1pm: Caregiver Time Out	10	11 1pm: Grief Support Group 1pm: Stroke Support Group 1pm: Recipe Swap	12 1pm: Movie Club (Easter Parade)
15 6pm: ANGELS Caregiver Support Group	16 8am-4pm: Dementia & Caregiver Symposium (no Caregiver Time Out)	17 10:30am: Parkinson's Disease Support Group	18 1pm: Alzheimer's Support	19
22	23 1pm: Caregiver Time Out	24 5:30pm: Tablets & Phones Class	25 10am: Grandparents Raising Grandchildren Support 5:30pm: Powerful Tools for Caregivers	26
29	30 1pm: Caregiver Time Out			

Signups for all programs are strongly encouraged in case of cancelation. You can RSVP at (919) 776-0501 ext. 2201.

Please call Holly Hight, Caregiver Specialist, at (919) 776-0501 ext. 2230 for more information regarding these programs or for further assistance.